

# ***Eat More Whole Grains***

Whole grains are an important part of a healthy diet. Whole grains help you feel your best. Whole grains help you “feel full” longer so you are less likely to overeat.

## **How Can You Spot a Whole Grain?**

**Choose food that lists a whole grain first** on the ingredient list, such as whole wheat or 100 percent whole wheat.

**Color can be misleading:** Dark or brown color can be from molasses or other ingredients.

**Food labels can be misleading. The following usually are not whole grains:**

- Multi-grain
- Stone-ground
- 100% wheat
- Cracked wheat
- Bran



## Examples of Whole Grains

- 100 percent whole-wheat bread, buns, rolls
- Brown rice
- Soft corn tortillas or whole-wheat tortillas
- Whole-grain cereals
- Whole-wheat pasta
- Oatmeal
- Popcorn
- Wild rice
- Barley



## Easy Ways To Add Whole Grains

- Shop for whole-grain cereals.
- Choose 100 percent whole-wheat bread instead of white bread.
- Add brown rice to a casserole or soup.
- Choose whole-wheat pasta.
- Buy soft corn or whole-wheat tortillas instead of flour tortillas.
- Have whole-grain crackers or popcorn for snacks.



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You Care

**North Dakota WIC Nutrition Program**  
North Dakota Department of Health  
600 E. Boulevard Ave.  
Bismarck, ND 58505-0200  
800.472.2286

